

OPTIMIZING HEALTH: HEALTH PROMOTING DIETARY HABITS

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“The people need to learn that the natural condition of human beings is one of health, and that every instance of sickness and suffering, unless caused by accident, is caused by some wrong doing on the part of the sufferer.”

—Dr. Harriet Austin, 1850

All right. Now we know what foods are unhealthy and probably dangerous. Let’s take a look at eating habits which will promote health. We are going to develop habits rather than menus or diets. A habit or method of eating will give you guidelines for choosing foods under any circumstance. Whereas, a diet is eating certain foods in a certain manner.

These health promoting dietary habits are based upon the principles of moderation and common sense. If you will take the time to understand the principles taught here, from the restrictions to the recommendations, you will have a more clear understanding of the two principles as they relate to healthy living.

The purpose of these guidelines is to remove excesses: excess toxins, excess stress on the digestive system, excess processed food and excess consumption of food in order to promote health.

When considering your dietary choices consider these four characteristics:

- 1. The QUALITY** of the food eaten. Is it health promoting or is it disease promoting? Is it free of residual toxins such as hormones, herbicides, pesticides, artificial flavors or preservatives?
- 2. The NUTRITIONAL CONCENTRATION** of the food eaten. Is it packed with health promoting vitamins, minerals, phytochemicals, cofactors and coenzymes? How processed, denatured, or devitalized is the food?
- 3. The DIGESTIBILITY** of the food. Some foods when combined with other foods promote poor digestion. This characteristic will be discussed more fully later in Food Combining Principles. Some foods are easily digestible and can therefore be overeaten.
- 4. The QUANTITY** of the food eaten. An excess of any food item which exceeds the body’s ability to digest it properly will lead to obesity, food sensitivities, heart disease as well as a host of other diseases.

Dietary excess has become a major problem in this country. We have “super-size” meals and buffets for every type of food imaginable, which encourages over eating. Eating excesses lead to a condition of DIGESTIVE OVERLOAD. Digestive overload occurs when our ability to properly digest and absorb our food is hindered because of the excess.

When we do not properly digest our food, undigested particles are then introduced into the intestines. Undigested food in the intestines is like a buffet for all the bad flora there such as bacteria, molds, fungus and even parasites. This condition of disturbed intestinal balance is referred to as “Intestinal Dysbiosis”. It causes fat particles to become rancid, proteins to become putrid and carbohydrates to ferment.

Bloating, belching, and flatulence are signs of intestinal dysbiosis. Intestinal dysbiosis is a major cause of altered intestinal permeability, a condition in which partially digested food particles are absorbed into the blood stream. Altered intestinal permeability can lead to: Inflammatory joint disease, depression and other mental disorders, fibromyalgia, food allergies or sensitivities, Coeliac disease, obesity, diabetes, heart and other diseases. This digestive overload causes SYSTEMIC OVERLOAD.

The purpose of these Health Promoting Dietary Habits is to reduce stress to the digestive and other organ systems and promote health.